

**ABSTRACT**

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An exercise unit that is a bench-based, has an easily adjustable load exercise system using a resistance engine that can provide a constant load level through the entire range of motion to approximate the use of free-  
5 weights, is portable, and reconfigures easily to several different shapes for different exercises. The exercise unit is compact, has a minimal vertical height, and weighs much less than the maximum resistance load that it can create. The bench unit can be stood on its end for compact storage.

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